

COMMUNICATION AND RELATIONSHIPS

***Reunion -
It's a Process not an event.***

WHY IS TALKING ABOUT REUNION IMPORTANT?



Reunion - It's a Process not an event.



UNCLASSIFIED

HONEY, I'M HOME!



**And What A Great
Time It Will Be!**

REUNION EXPECTATIONS

**Yours
!**



Mine!

Ours!

THERE MAY BE A HONEYMOON PERIOD FOR A WHILE!





UNCLASSIFIED

AS THE RETURNING SOLDIER YOU MAY BE WONDERING





UNCLASSIFIED

SPOUSE OR LOVED ONE MAY WONDER...



ARMY FORWARD ➤ ANY MISSION, ANYWHERE

UNCLASSIFIED

EXPECTATIONS OF CHANGE

Crisis or Threat

- Avoidance
- Denial
- Blaming others
- Fear

Hidden Opportunity

- Acknowledgement
- Action
- Personal Responsibility
- Face it – it's constant



WE ALL HAD STRESSORS

**Soldier
Focused
on
mission
downrange**



**Family
members
had the
day-to-
day tasks
plus
added**

**tasks and
roles!**
**DIFFERENT TYPES OF STRESS HAVE BEEN
EXPERIENCED BY THE SOLDIERS AND THEIR LOVED
ONES**

COMBAT OPERATIONAL STRESS

- Changing roles and environments
- Normal reactions to abnormal experiences
- Most soldiers will experience one or more of the reactions that we will discuss
- These normal reactions may feel uncomfortable but, in most cases, are not a cause for concern
- Typically, the “common reactions” stop after 6 – 8 weeks, but no set timetable

COMMON REACTIONS

- Difficulty talking about deployment experiences
- Difficulty readjusting to family routines
- Difficulty reconnecting with children and spouse
- Discomfort being around other people

STRESS DANGER SIGNALS

- **Physical**
- **Behavioral**
- **Emotional**

- **When to seek professional help**



SIGNS AND SYMPTOMS OF DISTRESS

PHYSICAL



Sleeping
patterns

Bowel
problems

Dizziness

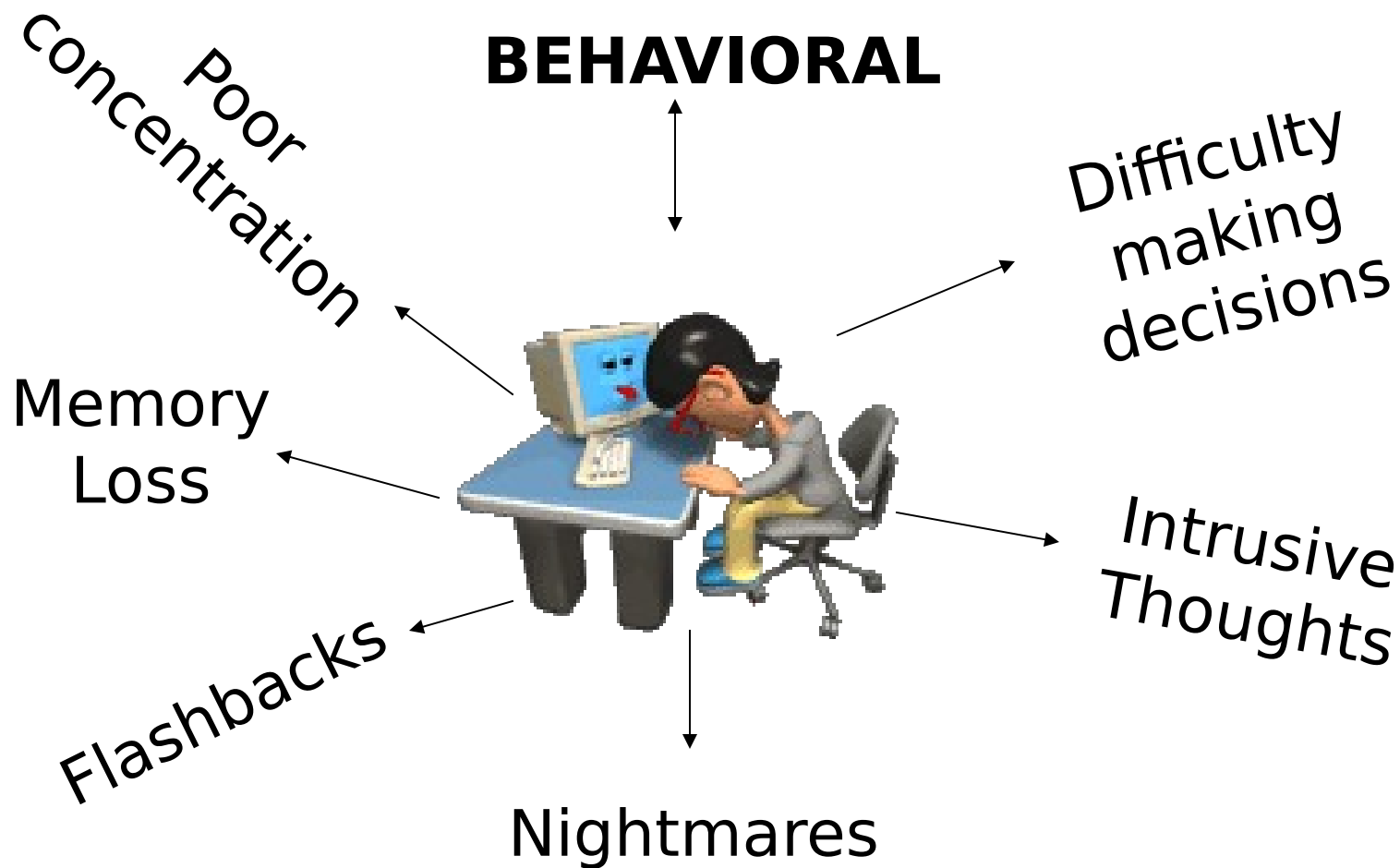
Headaches ~ Migraines

Pounding Heart

Stomach problems

Eating Habits

SIGNS AND SYMPTOMS OF DISTRESS



SIGNS AND SYMPTOMS OF

DISTRESS EMOTIONAL

Frustrated, irritable, angry

Worried, anxious, keyed up

Depressed

Numb

Guilty, ashamed



OTHER WARNING SIGNS

- ➔ Talk of suicide or killing someone
- ➔ Relationship problems
- ➔ Drug or Alcohol Problems
- ➔ Bizarre or unusual behavior
- ➔ Soldiers in trouble (Art-15, UCMJ)
- ➔ Soldiers with financial problems

POSITIVE STRATEGIES FOR COPING WITH CHANGE



***REUNION ~ it's a
process ~ not an event!***

"POSITIVE" COPING STRATEGIES

Take time - go slow!

Recognize Accomplishments

How we have grown!

Talk about... feelings



Think of the positive

Volunteer

Travel

This may take a bit, but it's worth it!

“NEGATIVE” COPING STRATEGIES

- ❗ Blame and Finger Pointing
- ❗ Drugs and Alcohol
- ❗ Meaningless sexual encounters
- ❗ Isolation
- ❗ What others can you think of?



“NEGATIVE” COPING STRATEGIES

**Flaunting
strength**



**Dangerous or reckless
activity**



Sexual assaults

WHEN TO GET HELP

- **Normal reactions to abnormal situations. Symptoms will likely go away.**
- **Seek help if the symptoms:**
 - **Interfere with normal duties and/or daily living for more than 6-8 weeks.**
 - **Involves dangerous behavior**

WHERE TO GET HELP



ANYONE NEED A BREAK?

Actors wanted!!!

